



Soboba Tribal Family Services

September Newsletter



Back-To-School Tips for Parents

It's a fact: Parents who play an active role in their children's education make a huge difference in their success. Here are some things you can do to help your child prepare for the upcoming school year:

- **Get the children to bed on time.** During the summer, children aren't always on schedule. But, proper rest is essential for a healthy and productive school year. Help your child get used to the back-to-school routine: start the transition now to earlier wake-up and bedtimes.
- **Contact your child's teachers at the start of the school year.** Get acquainted with them and let them know you want to be an active partner in helping your student to learn and grow. Plan to keep track of your child's subjects, homework, activities and progress throughout the school year. Consider serving on your local PTA or joining other parent groups that engage with and support your child's school.
- **Provide for healthy meals.** Hungry kids can't concentrate on learning, so good nutrition plays an important role in your child's school performance. Studies show that children who eat healthy, balanced breakfasts and lunches do better in school. Fix nutritious meals at home, and, if you need extra help, find out if your family qualifies for any Child Nutrition Programs, like the National School Lunch Program.
- **Take your child to the doctor and make sure your child has health insurance coverage.** It's a good idea to take your child in for a physical and an eye exam before school starts. Most schools require up-to-date immunizations, and you may be asked to provide paperwork showing that your child has all the necessary shots and vaccines.
- **Prepare a study area.** Set up a special place at home to do school work and homework. Remove distractions. Make it clear that education is a top priority in your family: show interest and praise your child's work.
- **Read Together.** Read with your child for 20 minutes every day. Your example reinforces the importance of literacy, and reading lets you and your child explore new worlds of fun and adventure together.

Excerpted from www.ed.gov/blog/2013/08/

Soboba Tribal Family Services

Director: Nancy Currie
Social Worker: Christopher Evensen
Case Manager: Theresa Sam
Admin. Assistant: Catherine Gonzalez

Monday – Thursday 7:00am to 5:30 pm
(951) 487-0283

Healthy Informed Parents (HiP) Native Challenge

Riverside-San Bernardino County Indian Health, Inc.
11555 ½ Potrero Road, Banning, CA 92220
(951) 849-4761
ccg@rsbcihi.org

Workshops:

- Stress Management for Parents
- STD Prevention
- Infant/Child Safety (Child proofing)

Parenting Education – Evidence-informed Curriculum

- Positive Parenting Skills
- Family Planning
- Healthy Communication Skills

Case Management – Individual Sessions

- Setting Goals
- Referrals
- Job Readiness Skills
- Education Support (GED)

Available to
Young Mothers and Fathers
Ages: 12-25

3 Easy Ways to Boost Reading Skills

A recent study found that focusing on the words as well as the pictures while reading aloud to pre-K students had a big payoff: By the time they were in first grade, kids were better spellers, and they read and understood more words. A few ideas:

1. Highlight specific words and explain: "The words right here say 'drive the bus.' Those are the words the pigeon says because he wants to drive the bus."
2. Play letter games. Ask your child to find other words that have an "m" in them or hunt for all the capital letters.
3. Point out the author and the direction of the text. Your child will benefit from knowing how a book is organized.

Excerpted from www.scholastic.com/parents



4 Back to School Anxiety Soothers



Will I get more homework? What if my teacher is mean?

Starting a new year comes with a lot of unknowns, so it's no wonder that many parents report that their kiddo is struck with anxiety this time of year. The biggest clues: Her happy summer mood has quickly turned to restless, irritable, or withdrawn, or she starts complaining about headaches, stomachaches, or sleep problems, says Marian Fish, Ph.D., the school psychology graduate program coordinator at Queens College in New York. The good news? It's nothing for you to worry about, because we've asked the experts what you can do:

1. **Share your story** – Tell your child about that time in 3rd grade when you were so worried about [whatever] but it ended up being totally okay. It will be proof that she'll be able to overcome her stress as well, says family physician Rallie McAllister, M.D., co-author of The Mommy MD Guide series.
2. **Get 'em moving** – All of the sitting still that comes with the return of school can wreak havoc on a kid's nerves, says Dr. McAllister. To counter that, make sure your child gets plenty of exercise after school. "Physical activity is great for preventing – and alleviating – anxiety." He says.
3. **Reset sleep** – If you can, try to adjust summer sleep times to the school schedule one to two weeks before the first day, says Fish. A sudden change in routine can trigger stress. If it didn't work or if sleep is just hard to come by, practice deep belly breathing right before bed.
4. **Make a plan** – For instance, if your child is worried about meeting new friends, have him wear (and look for) conversation-starter clothes. How it works: He spies a classmate with an Angry Birds T-shirt. He likes *Angry Birds*, too! Ask potential-new-friend if he likes *Angry Birds Star Wars*. Bond created!

Excerpted from www.scholastic.com/parents

Back to School On a Budget

Preparing children for another school year is no easy task. Each year parents spend hundreds of dollars preparing for the new school year. With ongoing budget cuts in many school systems, the expense of school supplies is often passed on to parents. It is almost impossible to gather all the items your child may need for the school without the expenses adding up. The following tips may help:

Budget Tips:

- **Know your budget** - Calculate a budget: How much can you and your family afford. Write down an amount, stay realistic about available funds, and stick to your budget.
- **Keep communication open** - Talk to your children about the importance of having a budget. Give each child an age appropriate role to play in staying on budget, such as asking each child to make a personal list of items needed and review the list with him/her while discussing budget limits.
- **Take an inventory before leaving the home** - Go through your child's closet. This should be done with your child, inspecting current clothing, keeping what's still good and useable while donating non-useable clothing that is still in good condition. Also take an inventory of office/school supplies that you have on hand, like paper, pens and pencils.
- **Make a list and stick to it** - After taking an inventory and discovering what items you already have, make a list and remember to only put on the list what is needed. Stick to your list, while remaining somewhat flexible, allowing room for small changes as long as those changes don't put you over budget.
- **Become a wise shopper** - Search for bargains, make use of money-saving coupons and shop end of summer sales. Resist the urge to buy more than what's needed.
- **Make use of community resources** - Find out what resources are available in your community for families in need. Check into reduced or free lunch at your child's school. Visit your local thrift shop for quality items at an inexpensive price.

For additional help on making a family budget, ways to stay on a budget, and more information on community resources, visit Tribal Family Services.



Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829
Remainder of Riverside County: (800) 799-SAFE (7233)
TDD Line – (800) 787-3224

If you are in immediate danger call 9-1-1

24 – Hour Child Abuse Hotline for
Riverside County
(800) 442-4918 or (800) 442-4453

